



Springdale Senior Activity & Wellness Center • June 2021 • Newsletter

Address:

203 Park Street
Springdale, AR 72764

Phone: (479) 751-1521

Director:

Lori Proud

Program Assistant:

Rhonda Martin

Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,
FELLOWSHIP
and FUN!!!**

Lines from Lori...

"Spring being a tough act to follow, God created June." - Al Bernstein

Ahh, June is here! It's crazy to think that at this time last year, it was extremely hard to imagine what this year would look like... Though the past year hasn't been the easiest, I'm grateful for the city we live in and the community we have in Springdale. We stuck together and we found a way to keep going!

Now I know there is no way I can get the year that we lost back... But we can definitely party hard and make up for lost time, which is exactly what we are going to do! Get ready because we are going to PARTY LIKE ITS YOUR BIRTHDAY! Join us on June 4th, 2021 as we celebrate YOU and the grand reopening of the Springdale Senior Center! There will be all kind of surprises and BINGO! We are so excited to welcome you back with open arms. Another date I want you to remember is June 22nd, 2021. We will be having a Family Night BINGO event, so gather your family and join us for a night full of fun and laughs! I would also like to highlight the activities you all know and love that are once again available, such as Art Class with Marie, Line Dance Class, Crochet Class, Bunko, and Bean Bag Baseball! We are excited to highlight a new activity that is coming to the center—Swing Dance Class!

I am finally seeing the light at the end of the tunnel and it is such a beautiful feeling! I speak for all of the staff that we are ready to have the Senior Center walls filled with chatter, laughs, and a whole lot of love! See you SOON!

**2021 Lunch Prices... 60 and over \$4.00
at Center Under 60 \$6.00
Meals on Wheels \$4.00**

Silver Sneaker Exercise Classes

Exercise is in full swing. Now is the perfect time to join! Pick your class and show up!!!

Monday– 1:00pm Silver Sneaker - 2:00pm Circuit

Tuesday– 8:45am Boom Move - 9:45am Silver Sneaker

10:45am Yoga - 12:30 Tai Chi

Wednesday- 1:00pm Silver Sneaker- 2:00pm Circuit

Thursday- 8:45am Circuit - 9:45am yoga -

10:45am Silver Sneaker

Exercise Class Descriptions...

Weight Machines: Enjoy fun conversation and resistance machines.

Silver Sneakers: Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

Circuit: Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

Boom Move: Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

Yoga: Slow-paced stretching and flexibility focusing on balance , agility and core strength.

Tai Chi for Arthritis: Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

Don't let the name fool you.

Springdale Senior Center

Senior food giveaway

Friday, June 4

Rodeo Grounds

8:00am-10:00am

12:00pm-4:00pm

Must bring ID

This is for any
Seniors 60 and over.

Thursday

June 3 No jam

Senior Center will
close at 2:00pm to set
up for
Birthday Bash!

**Painting with
Marie each
Friday at 10:00am
Must sign up at
office.**



**Line dance lessons
Each Tuesday
12:30pm**

**Wanting to learn or
wanting to brush
up on your skills,**

**Join
us!!**



Something new...

Swing dance

Lessons every

Monday

8:45am

**With or without
a dance partner.**

TOPS

(Taking Off Pounds Sensibly)
invites you to join them
every Friday 9:00am
in the JPA Annex.

Come join a FUN group
who is all about encouraging
each other!

Gospel
Sing
along...
Each



Wednesday
10:00am

Save the date...
Rovin' Gambler
Dinner &
Show
July 23

**Wednesday
June 16
Mystery Trip
Must sign up
at office.**

Biloxi and
New Orleans
Bound
September 27
Get full details
from office!

**Join the fun!
Jammin' Jam
Thursday 6:00pm
Music & Games
If you like to sing or play
an instrument...Let's Jam!
No Jam June 3**



Senior Center Taxi

Our Senior Center Vans run from:

Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm

Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

June Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:45 Swing Dance 9:30 am Bunko 12:15 pm Baseball	2 10:00am Gospel Sing 12:30 Crown Five	3 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo	4 BIRTHDAY BASH... Must have a ticket!!!
7 10:30 a.m. Bingo 12:30 Crown Five	8 8:45 Swing Dance 9:30 am Bunko 12:15 pm Baseball 6:00pm Old time Fiddlers	9 10:00am Gospel Sing 12:30 Crown Five	10 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, & Jam	11 9:00 a.m. TOPS (JPA) 9:30 am Bunko 12:15 pm Baseball,
14 10:30 a.m. Bingo 12:30 Crown Five	15 8:45 Swing Dance 9:30 am Bunko 12:15 pm Baseball	15 10:00am Gospel Sing 12:30 Crown Five	16 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, & Jam	17 9:00 a.m. TOPS (JPA) 9:30 am Bunko 12:15 pm Baseball,
21 10:30 a.m. Bingo 12:30 Crown Five	22 8:45 Swing Dance 9:30 am Bunko 12:15 pm Baseball	23 10:00am Gospel Sing 12:30 Crown Five	24 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, & Jam	25 9:00 a.m. TOPS (JPA) 9:30 am Bunko 12:15 pm Baseball,
28 10:30 a.m. Bingo 12:30 Crown Five	29 8:45 Swing Dance 9:30 am Bunko 12:15 pm Baseball	30 10:00am Gospel Sing 12:30 Crown Five		



June Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Spaghetti Italian Veggies Fruit Bread	2 Smothered Hamburger Steak Smashed Taters Peas & Carrots Bread & Dessert	3 Chicken Salad Chips Fruit Salad Bread & Dessert	4 BIRTHDAY BASH
7 Pork Carnitas Mexican Corn Rice Bread, Dessert	8 Sloppy Joe Tater Wedges Green Beans Bread & Dessert	9 Breakfast Quiche Hashbrowns Fruit	10 Chicken Pot Pie Fruit & Cottage Cheese Biscuit	11 Nacho Bar Dessert
14 Chicken Fried Steak Smashed Taters Fried Okra Bread, Dessert	15 Baked Tater Chili Broccoli Dessert	16 Chicken Bacon Ranch Italian Veggies Fruit Bread & Dessert	17 Pork Chip Broccoli Rice Carrots Bread, Dessert	18 Ribs Tater Bakers Baked Beans Bread, Dessert
21 Chicken Sandwich Sweet Tater Fries Peas Dessert	22 Frito Pie Onion Ring Fruit Dessert	23 Stromboli Salad Fruit	24 Chicken Enchilada Rice Beans Bread, Dessert	25 Reuben San. Broccoli Salad Chips Dessert
28 Hamburger French Fries Corn Dessert	29 Open Face Turkey Sandwich Smashed Taters Green Beans Bread, Dessert	30 Fried Chicken Scalloped Taters Mixed Veggies Bread, Dessert		

**Computers, Billiards, Cards, Dominoes,
Ping Pong, Art Room, Library & Exercise
Equipment are open for your use at anytime.**

**Bing
Bag
Baseball**

**Tuesday
&
Friday
12:30pm**



**Crown 5 card game
Monday &
Wednesday**

12:30pm

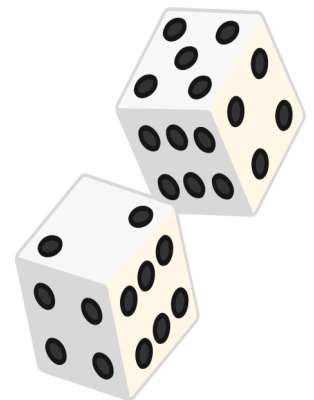
**Don't know
how to play?**

Come learn!



Bunko

**Tuesday
&
Friday
9:30am**



Springdale Senior Center

Family Night Dinner & Bingo

Tuesday June 22

Doors open 5:15

Bingo at 6:00pm

\$15.00 - Must be 18 or over

Must pre purchase ticket from office!



Springdale Senior Center

Chuckle Corner

Springdale Senior Center Council

Gene George

Linda Williams

Bill Drake

WC Grimes

Diana Osborn

Lonnie McClure

DeeAnn McClure

Patty Lewis

Linden Lewis

Ron Mueller

Ginger Mueller

Evelyn Provost

Winnie Paul

Cherie Ressler

Louise Lorenz



ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at
203 Park St. Springdale, AR 72764

Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

CONFIDENTIAL.

WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?

Springdale Senior Center
is pleased to receive
program funding from:

Schmieding
Foundation



The trick is to
enjoy life.
Don't wish away your
days, waiting for
better ones ahead.
-Marjorie Pay Hinkle-

www.SpringdaleThinkingIsGonna.com